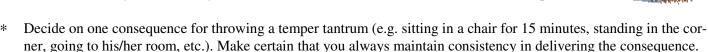# Temper Tantrums

* Establish Rules (wait your turn, share, ask for help if you need it, treat others in a friendly manner, walk away if you are getting upset, etc.). These rules should be consistent and followed by everyone in the home. Talk about rules and reward your child for following the rules.

> * Reward your Child for not throwing temper tantrums. Possible rewards include verbal praise ("I'm so proud of you for waiting your turn!"), a kiss on the cheek, a hug, having a friend over to play, staying up late, watching a favorite TV show, and playing a game with a parent.
>
> * If there are other children or adolescents in the home, reward them for not throwing a temper tantrum.
>
> * Help your child understand why he/she is throwing temper tantrums and teach an acceptable way to show anger, frustration, anxiety, etc.

* Do not "give in" to your child's demands when he/she throws a tantrum. If you do, your child will learn to throw temper tantrums in order to get his/her own way.

* Immediately remove your child when he/she begins to throw a temper tantrum

* When possible, walk away from your child until he/she can calm down and express the feelings in a socially acceptable way.

* Remain calm.

* Make sure that YOU express your feelings in a socially acceptable way.

* Ignore your child's outbursts. Do not let your child have his/her way when crying. Walk away from your child when this occurs.

* Be consistent. Try to deal with your child and the behavior in a manner that is as fair as possible.

* Decide on one consequence for throwing a temper tantrum (e.g. sitting in a chair for 15 minutes, standing in the corner, going to his/her room, etc.). Make certain that you always maintain consistency in delivering the consequence.

* Tape record your child then let him/her listen to the tape. Discuss the reaction to the tape.

* Show your child how to control angry feelings when things do not go his way (count to ten, say the alphabet, etc.).

* Remind your child of the consequences before going into a grocery store, mall, friends house, etc.

* Reduce the emphasis on competition. Repeated failure may cause your child to throw temper tantrums.

* Discourage your child from engaging in activities which cause unhappiness.